

What is claimed is:

1. A method comprising the steps of:
 - (a) providing a refrigeration unit having a refrigerated or heated space and at least one measured operating parameter;
 - (b) providing heat to said refrigerated space when said at least one measured operating parameter exceeds a first threshold;
 - (c) terminating provision of heat when said at least one measured operating parameter exceeds a second threshold; andrepeating steps b-c when said at least one operating parameter falls below said first threshold.
2. The method of claim 1 wherein said providing heat comprises selecting said at least one operating parameter from the group consisting of discharge pressure, suction pressure, discharge temperature, suction temperature, pressure ratio, evaporator saturated temperature, condenser saturated temperature, ambient temperature, and operating time interval of said refrigeration unit.
3. The method of claim 1 wherein said first or second threshold is varied based on said at least one measured operating parameter.
4. The method of claim 1 wherein said providing heat comprises providing said heat when a discharge pressure exceeds a first threshold of at least approximately 60 psi.
5. The method of claim 1 wherein said providing heat comprises terminating provision of said heat when a discharge pressure exceeds a second threshold of at least approximately 100 psi.
6. The method of claim 1 wherein said providing heat comprises providing said heat when the operating parameter has exceeded a time limit associated with a refrigerant system components that can be power cycled and can affect said operating parameter.
7. The method of claim 1 wherein said providing heat comprises turning on or off a

heating element.

8. The method of claim 7 wherein said turning on or off said heating element comprises the additional step of placing said heating element in space to be cooled or heated by said refrigeration unit.

9. The method of claim 7 wherein said turning on or off said heating element comprises the additional step of placing said heating element in an area to be monitored by said refrigeration unit.

10. The method of claim 1 wherein said providing and terminating said heat is performed to provide for continuous operation of a compressor of said refrigeration unit.

11. The method of claim 7 wherein said turning on said heating element comprises turning on said heating element located a distance from an evaporator coil sufficient to permit defrosting of said evaporator coil.

12. A refrigeration unit comprising:
a compressor for circulating a refrigerant/oil mixture through a refrigeration unit;
a sensor for measuring an operating parameter;
a heating element for providing heat to said refrigeration unit; and
a controller for receiving said measured operating parameter and turning on and off said heating element in response thereto.

13. The refrigeration unit of claim 10 wherein said operating parameter is selected from the group consisting of discharge pressure, suction pressure, discharge temperature, suction temperature, pressure ratio, evaporator saturated temperature, condenser saturated temperature, ambient temperature, and operating time interval of said refrigeration unit.

14. A method comprising the steps of:
providing a refrigeration unit having a refrigerated space; and
providing and terminating heat to said refrigerated space in a pulsed on and off mode.